



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 703-222-9693. Please allow ten working days in advance of the event in order to make the necessary arrangements.

如果您請求提供符合「美國殘障人士法案」之合理的便利條件，請電洽，電話號碼是703-324-4386，聾啞人士 TTY/TDD專線號碼是703-222-9693。

적절한 미국 장애인법(ADA) 편의 시설 신청은 703-324-4386, TTY 703-222-9693 로 문의하시기 바랍니다.

Để yêu cầu những thích nghi phù hợp với Đạo Luật về Người Mỹ Khuyết Tật (ADA), xin gọi số 703-324-4386, TTY gọi số 703-222-9693

Para solicitar adaptaciones razonables conforme la Ley de estadounidenses con discapacidades (ADA), llame al 703-324-4386, TTY 703-222-9693

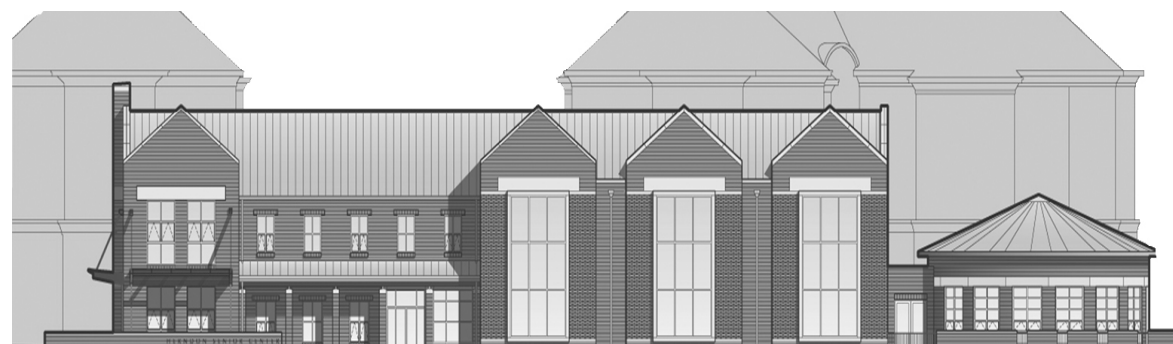
Чтобы попросить о предоставлении обоснованных вспомогательных средств, предусмотренных Законом об американцах, имеющих инвалидность (ADA), звоните по телефону 703-324-4386, линия TTY 703-222-9693

برای درخواست تسهیلات در ارتباط با قانون مربوط به از کار افتادگی (ADA) با شماره تلفن 703-324-4386، یا با تلفن متنی برای ناشنوایان (TTY) 703-222-9693 تماس بگیرید.

Fairfax County Department of Community and Recreation Services

Reston-Herndon News and Notes

Newsletter of the Herndon Senior Center and The Reston Senior Clubhouse



Herndon Senior Center
873 Grace Street
Herndon, VA 20170

September 2006

News, Programs, & Menu for September 4th through 30th



Tell a Friend. Bring a Friend. Make a Friend!

If you have any questions,
please call us at:
703-464-6200
TTY 711



A Fairfax County, Va., publication
August, 2006

Ruth's Writings

I hope everyone enjoyed their summer. September is just the right time to get back into the swing of things or to try something completely new! Be sure to check out all the classes and groups that will be meeting in September here at Herndon. Join one or two or more! You can exercise your body, your brain, and your imagination.

Remember that if we have a volunteer teacher, we can offer free classes in whatever tickles your fancy. If 8 or more students are interested in a particular subject, we can have a class using a paid instructor for a small tuition fee and the cost of any supplies required. The majority of the instructor's costs are subsidized by the county. We have a limited number of paid instructor hours available to use at the center. Let staff know what you might be interested in for free or for a fee and we will see what we can do!

Nikki Burton, the mental health therapist with the Senior + program, has accepted a full time position at a another site. We wish her well.

September always reminds me of my mom's flaky crusted apple pies and those first days of school. Happy September everyone!

~*Ruth Junkin*

Announcements:

- ❖ **Calling Volunteers!** The time has come to clear some space! We need volunteers to do an inventory of our jigsaw puzzles. You choose your method – you might prefer to count the pieces in the box, or you might enjoy putting puzzles together! To aid us in this effort, gather in the Game Room on Mondays at 11 a.m. starting September 11th.
- ❖ **Congratulations Community Service Workers!** Since opening our new center, we have provided 377 Teddy Bears and 360 Hats to the Community. To join this effort join the community service group on Tuesdays!



Thank You!

A Big “Thank You” to Our Steadfast Volunteer, Christina Ruiz

Christina faithfully picks up donations from Food Lion Monday through Saturday. Her efforts result in morning treats for us here at the senior center, and support for both the local food bank and the local homeless shelter. Thank you, thank you, Christina.

数独 SUDOKU 数独

for September

The rules of Sudoku are simple. You must enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square. Each Sudoku has a unique solution that can be reached logically.

7	2	3		8			5	
		1		7	5		3	6
	5		2			7		8
1							9	3
		4				8		
6	8							1
2		8			7		6	
3	4		5	6		1		
	6			2		3	7	4

Summer Challenge Winners' List

Barbara Kaminsky
David Warlick
Fuyao Liu
Jane Newkirk
Jerry Witt
Julius Chang
Kuldip Kanwal
Moisey Khokhlov
Robert E. Rose
Shok Ngai Miu
Shuk Han Miu
Zhenming Gao

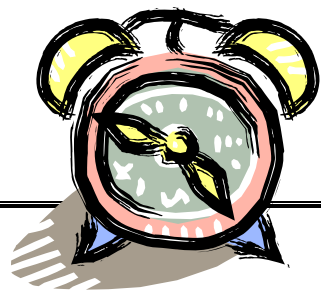
Congratulations!

For Entry to the Next Winners' List. . .

During the fall season, we will continue the quarterly “Sudoku Winners” challenge. To submit yourself for the “Sudoku Winners” list, you must have correctly completed and saved all three puzzles from the months of September, October, and November. Puzzles will only be accepted during a specified week in November (to be announced) Winners will be listed alphabetically in the December Newsletter only if they meet all three qualifying criteria listed below.

Remember:

1. Entries must be submitted during the designated week in November;
2. Entries will only be accepted with all three puzzles – Sept, Oct, and Nov;
3. And your answers for all puzzles must be correct, so check with a friend!



IMPORTANT INFORMATION

General Requests

Closing Time to Be Enforced

In order to assure that the center is closed according the hours on display, participants will be notified 15 minutes prior to closing times. All programs, including open activities such as exercise and computer use will cease at this time. Please conclude your activities by 7:45 p.m. on Monday through Thursday, 3:45 p.m. on Fridays, and 5:45 p.m. on Saturdays. Thank you!

Please Do Not Remove Items that Do Not Belong to You

Please remember, games, paper towels and toilet paper are not to be removed from the senior center for personal home use. Table decorations are not to take home, cake plates and covers holding treats on the coffee tables are not to be taken home, and tea bags are to be enjoyed at the center and are not for use elsewhere.

At lunch, there is a limit of one milk and one dessert per person.

Cancel Your Lunch If You Are Not Coming!

Cancel your lunch if you are not coming to the senior center. If you have reserved a lunch in the Lunch Binder, and you cannot come to the center that day, please cancel your lunch by calling 703-464-6200, TTY 711 and leaving a message on our answering machine before 8 a.m. Speak your name, slowly and clearly, say you wish to cancel your lunch and tell us the day you are canceling.

如果您预定了午餐，但是不能前来就餐，

请在当天的早上八点以前取消 您预订的午餐。

Si se ha registrado en el libro para almorzar y por cualquier razón no puede asistir al Centro, por favor no olvide llamarnos al 703-464-6200, TTY 711 y/o deje su mensaje antes de las 8 a.m., para poder cancelar su orden. Gracias!

Please Remember to Sign in Every Time You Arrive at the Senior Center!

Support from Fairfax County depends on you, our Participants!

If you do not sign in – the county does not believe you are here and their support for us diminishes. It is important that you sign in whenever you enter the building, no matter if you are here for a few minutes or for the whole day.

早上到来时，请在前台的表格上签到。

Favor de firmar la lista de entrada, cada vez que visiten nuestro centro.

Donation Schedule and Charges for Congregate Meals at Senior Centers Fairfax County Department of Community and Recreation Services

For Ages 55-59 and All Guests: **\$5.00 Charge**
Pay at the front desk to get a guest ticket.

For Age 60 and above: **As Follows**

<u>Monthly Income:</u>	<u>Annual Income:</u>	<u>Suggested Donation:</u>
\$0 - \$883	\$0 - \$10,596	\$1.00
\$884 - \$1,324	\$10,597 - \$15,888	\$2.00
\$1,325 – \$1,764	\$15,889 – \$21,168	\$3.00
\$1,765 – \$2,645	\$21,169 – \$31,740	\$4.00
\$2,646 and above	\$31,741 and above	\$5.00

- ❖ If you have not completed the paperwork for the Congregate Meals program, you are considered a guest and must pay \$5 for lunch until paperwork has been submitted. Pay your \$5 at the desk to get a guest lunch ticket.
- ❖ After the paper work has been completed, your donation should follow the guidelines above. Donations are confidential, but they support the continuation of the program. It is between you and your conscience to pay the appropriate amount. If you are without resources, please contact staff for assistance.
- ❖ You may sign up for your lunch up to a week in advance, but it is each individual's responsibility to reserve a lunch in the lunch book by 1 p.m. the day before you wish to eat. If you do not sign up, we do not cook for you! At lunchtime, place your confidential donation in the envelope provided and drop it into the collection box after confirming that you have a lunch reserved for that day.
- ❖ A waiting list will be maintained each day for those who did not reserve a lunch in advance. Any extra lunches will go to those on the waiting list on a first signed, first served basis. There is no guarantee that anybody on the waiting list will be served – there may not be any extra lunches.
- ❖ Please cancel a reserved lunch by 8 a.m. the day of if you are unable to come to the center that day so that food will not be wasted.

如果您预定了午餐，但是不能前来就餐，请在当天的早上八点以前取消 您预订的午餐。

Si se ha registrado en el libro para almorzar y por cualquier razón no puede asistir al Centro, por favor no olvide llamarnos al 703-464-6200, TTY 711 y/o deje su mensaje antes de las 8 a.m., para poder cancelar su orden. Gracias!

To Sign up for the Email Distribution List and receive this newsletter and other announcements electronically, please send your request to Kristina at
kristina.rowlands@fairfaxcounty.gov

Upcoming Events

- ❖ **Monday, September 4th. The center will be CLOSED for Labor Day.**
- ❖ Tuesday, September 5th, 11-11:45 a.m.. Calling all hands to community service! The teddy bear crafting group will have an extra project to work on. We will be cutting purple ribbon and inserting pin for ribbons against domestic violence. We are doing it for Fairfax County Department of Family Services to assist in their campaign to raise awareness about physical and emotional abuse.
- ❖ Saturday, September 9th, 3 to 4 p.m. Celebrate National Grandparents Day with local Girl Scout Troop. Join the Daisies, Brownies, and Juniors as they share their Forget-Me-Not experience with us. Enjoy one on one attention as you share your story to be remembered forever, and enjoy a snack with the girls. Pre-registration is required by September 2nd – Space is limited to 20.
- ❖ Monday, September 11th. A great day for book lovers! Join the returning Page Turners book club at 1 p.m. to read *The Lovely Bones* by Alice Sebold. Or join a lively book discussion group at 4 p.m. to begin discussing *Balzac and the Little Chinese Seamstress* – this year’s chosen title for “All Fairfax Reads.”
- ❖ Tuesday, September 12th, 12:45 p.m. Questions Answered. Pharmacist presentation on “Eyes: Cataracts, Glaucoma, and Macular Degeneration.”
- ❖ Wednesday, September 13th, 10:30 a.m. Blood pressure screenings by on-site nurse, Rebecca Hallinger, RN, BSN
- ❖ Wednesday, September 13th, 1 p.m. Advisory Council meets. All are welcome to attend. Make suggestions to your advisory council members at any time.
- ❖ Monday, September 18th, 1 p.m. “Sodium” Presented by Heidi Hyland of the Virginia Cooperative Extension.
- ❖ Tuesday, September 19th, 11 a.m. “Overview of US Healthcare” presented in Chinese.
- ❖ Wednesday, September 20th, 11 a.m. “Medicaid Changes and You” presented by Elder Law Attorney, Margaret O’Reilly
- ❖ Thursday, September 21st, 4:30 p.m. Nana, Mom, and Me Make-a-Card Workshop with Ruth. Bring your daughters and Granddaughters to this special multi-generational occasion. Cost is \$1; pre-registration required by September 19th.
- ❖ Thursday, September 14th, 5 p.m. Third Thursday Potluck. After a summer break, this fabulous tradition is returning.
- ❖ Friday, September 22nd, 12:45 p.m. “Grandma” Flora Green presents on Age Related Macular Degeneration. Rescheduled from August 25th.
- ❖ Tuesday, September 26th, 3 p.m. Card Making with Ruth. Cost \$1; sign up by Monday, September 25th.
- ❖ Tuesday, September 26th, 7 to 8:30 p.m. Caregivers Seminar: “Life Work Balance” Finding the balance between Elder Care and Work. Open to all participants, their families, and any interested persons.
- ❖ Thursday, September 28th. Neighborhood College. An opportunity to learn about your community in depth. Watch for further information coming soon.
- ❖ Saturday, September 30th. Oh Henry Fishing Trip with Teens for Senior Men. See Flyer for more details

Shopping Trips

Ask a front desk assistant to sign you up at least one week in advance – you must pay for the bus when you sign up. Your payment is your reservation. There must be a minimum of eight paid reservations by the day before the trip in order for the trip to run.
Cost is **\$1.00 for bus. Lunch is “YO-YO” (You’re On Your Own).**
Please do not sign up for lunch in the senior center for that day – if you are signed up for a shopping trip, your lunch reservation will be cancelled.

September 7 th , 10:30 a.m. to 1:15 p.m.	*Springfield Mall – for <i>InfoExpo</i> See Below
September 14 th , 10:30 a.m. to 1:15 p.m.	Shopper’s in Sterling
September 21 st , 10:30 a.m. to 1:15 p.m.	Wegman’s in Fairfax
September 28 th , 10:30 a.m. to 1:15 p.m.	Leesburg Outlets

Unless otherwise noted, Shopping Trips will be on Thursdays

Special Trips

Minimum of 10 paid reservations by three days before trip, or the trip will be cancelled.

*Thursday, September 7th, 2006

The Beacon *InfoExpo* or Shopping at Springfield Mall
Time: Trip leaves at 10:30 a.m., and returns 1:15 p.m.
Cost: \$1 for bus, Lunch is on your own



A community education event sponsored for active senior adults. Enjoy free exhibits, including health screenings, computer classes, expert speakers, entertainment, giveaways, and door prizes. Expo speaker this year: author & *Post* columnist Abigail Trafford. Door prizes will be round-trip business class tickets for two to New York City aboard Amtrak’s Acela Express.

October Preview

- ❖ Elder Lawyer, Margaret O’Reilly returns with “Ask a Lawyer” clinic on October 24th.
- ❖ In October – Learn a new way to play a classic game. Join Kristina as she turns a formerly ruthless game into a team effort to refine partnership skills.

Trip - Wednesday, October 18th, 2006

Triad Conference for Senior Adults
Time: Trip leaves at 10:15 a.m., and returns in time for Fastran riders.
Cost: \$1 for bus, Lunch is free



A community partnership to educate senior adults on matters such as cybercrime, living wills, prescription drug coverage, ID theft, and homeland security. For free lunch, reserve your space by Wednesday, October 11th. Space is limited to 22 participants.

Basic Computer Class in Spanish

Mondays, September 11 - October 30

10:30 a.m. to 11:30 a.m.

Cost: \$5 for the entire session

Herndon Senior Center

*Minimum of 6 paid participants by Thursday, Sept. 7 for class to be active

**Must be at least 55 years of age.

Registration and entry to Senior Center FREE of charge



Clase Básica de Computadora en Español

Los Lunes Septiembre 11 a Octubre 30

10:30 de la mañana a 11:30 de la mañana

El costo: \$5 para la sesión entera

Herndon Senior Center

*El mínimo de 6 participantes pagados por el jueves,

Septiembre 7 para la clase para ser activos

**Debe ser por lo menos 55 años de la edad.

La matricula y la entrada al Herndon Senior Center son GRATIS

Oh Henry!



Fishing Trip for Senior Men



Who:
For Senior Men

What:
Fishing Contest/Teen
Mentorship Program

When:
Saturday, September 30th

Partner with a local teen and show him the ropes! Fish for a day; then gather together to count and weigh fish while enjoying a leisurely barbeque in the cool autumn evening. If interested, you must sign up by Monday, September 25th.



Learn Something New and Meet New People

Activities are listed in three categories:

Health & Wellness to Benefit to Body and Mind;
Lifelong Learning for the Left Brain – Language, History, and Technology Skills; and
Lifelong Learning for the Right Brain – Fine Arts, Games, Hobbies, and Service.

The “format” column on the right hand side identifies the activity as either a class (with a designated instructor) or a group (no set schedule or leader).

Health & Wellness to Benefit to Body and Mind					
About Exercise Orientations: Exercise Equipment Orientation is required to use the exercise room. See “Important Information” for more details.					
Name	Day	Time	Cost	Session	Format
Chair Exercise Video	M/W/F	11 a.m. and 3 p.m.	No Charge	On-going	Group
Tai Chi	Mon/Wed	9:30 to 11:15 a.m.	No Charge	On-going	Class
Exercise Orientation	Mon	11 a.m.	No Charge	On-going	Class
Chair Exercise Video	T/Th/S	10:45 and 3 p.m.	No Charge	On-going	Group
Exercise Your “Mental Muscle” with Donna	Tue	12:45 p.m.	No Charge	On-going	Class
Line Dancing	Tue	2 to 3 p.m.	\$5	9/12-10/24	Class
Arthritis Foundation Exercise Program with Joyce	Wed	11-11:45 a.m.	No Charge	8/23-9/27	Class
Sahaja Yoga Meditation	Wed	11:15 a.m. to 12 p.m.	No Charge	Sep 6 th and 27 th	Class
Active for Life	Wed	1 to 2:30 p.m.	No Charge	6/7-9/6	Class
Tai Chi	Thurs	9:30 to 10:30 a.m.	No Charge	On-going	Group
Ping Pong – Extra Tables	Thurs	10 a.m. to 2 p.m.	No Charge	On-going	Group
Ballroom Dancing	Thurs	10:30 to 11:30 a.m.	No Charge	On-going	Group
Jazzercise	Tue	11 a.m. to 12 p.m.	\$5	9/5-10/24	Class
Beginning Line Dance	Thurs	1 to 2 p.m.	\$5	9/14-10/26	Class
Line Dancing	Thurs	2 to 3 p.m.	\$5	9/14-10/26	Class
Meditation Group (Can be translated into Hindi or Spanish)	Thurs	6 to 7:45 p.m.	No Charge	On-going	Group
Yoga Mat Workout with Claudine	Fri	10:45 to 11:35	\$5	9/1-10/27	Class
Exercise Orientation	Fri	11 a.m. and 1 p.m.	No Charge	On-going	Class
New Slapball with Fred	Fri	1 to 2 p.m.	No Charge	On-going	Group
Line Dancing	Sat	3 to 4 p.m.	\$5	9/16-10/28	Class
Ballroom Dancing	Sat	4 to 5:30 p.m.	\$5	9/2-9/30	Class

For Classes: Register and pay for a fee-based class at the front desk to obtain your receipt. All participants must be registered members of the Herndon Senior Center.

Turn your receipt in to the teacher on your first day, and sign the class roster.

Minimum of 6 participants to hold a class.

For Groups: Feel free to join any special interest groups at any time.

If you can’t find something you love, if nobody is playing your favorite games yet, feel free to start your own group. Visit the front desk to reserve a space for your friends to gather on a regular basis.

Lifelong Learning for the Left Brain – Language, History, and Technology Skills					
Name	Day	Time	Cost	Session	Format
New Basic Computer Class in Spanish	Mon	10:30 to 11:30 a.m.	\$5	9/11-10/30	Class
Begin ESL with Mr. Ardabilli	Mon	10:30 to 11:30 a.m.	No Charge	On-going	Class
Page Turners Book Club	Mon	1 to 2 p.m.	No Charge	On-going	Class
Book Discussion	Mon	4 p.m.	No Charge	On-going	Group
Basic Computer Help Lab	Tue	10:30 to 11:30 a.m.	No Charge	On-going	Class
Beginning Spanish	Tue	10:30 to 11:30 a.m.	No Charge	9/12-12/12	Class
ESL: Intro to English Conversation with Anne	Wed	10 to 11 a.m.	No Charge	On-going	Class
Iranian Computer Class with Ms. Kamkar	Wed/Fri	1 to 2 p.m.	No Charge	On-going	Class
Begin ESL with Ms. Wang	Thurs	11 to 11:45 a.m.	No Charge	On-going	Class
ESL: English Conversation with Jeanne	Thurs	11 to 11:45 a.m.	No Charge	On-going	Class
Basic Computer Help Lab	Sat	10:30 to 11:30 a.m.	No Charge	On-going	Class
Lifelong Learning for the Right Brain – Fine Arts, Games, Hobbies, and Service					
Name	Day	Time	Cost	Session	Format
New Modern Art with Ingrid	Mon	10 a.m. to 12 p.m.	\$5 class Supply Fee	9/11-10/30	Class
New Puzzle Count Service Project	Mon	11 a.m.	No Charge	On-going	Group
Chinese Mahjongg	Tue	10 a.m. to12:30 p.m.	No Charge	On-going	Group
Community Service Teddy Bears	Tue	11 to 11:45 a.m.	No Charge	On-going	Group
Learn American Mahjongg	Tue	1 p.m.	No Charge	On-going	Class
Card Making with Ruth	Tue	3 p.m.	Small Supply Fee	September 26 th Only	Class
Pizza Bingo	Tue	4:30 to 6 p.m.	\$1 for Bingo \$1 per pizza slice	On-going	Group
Party Bridge	Wed/Fri	10 a.m. to 12 p.m.	No Charge	On-going	Group
Ceramics	Wed	9:30 a.m. to 12 p.m.	\$5 Class, \$10 Supplies	8/9-9/13 9/20-10/25	Class
Needlecrafts with Sasha	Wed	10 a.m. to 12 p.m.	No Charge	On-going	Group
Pastime Theatre Group	Wed	12:45 to 1:45 p.m.	No Charge	On-going	Group
Chinese Mahjongg	Thurs	10 a.m. to 12 p.m.	No Charge	On-going	Group
Violin Lessons	Thurs	11 a.m. to 12 p.m.	No Charge	On-going	Class
Card or Tile Games	Thurs	12 to 2 p.m.	No Charge	On-going	Group
New Donna’s After Lunch Bunch	Thurs	12:45 p.m.	No Charge	On-going	Group
Chinese Songs	Thurs	1 p.m.	No Charge	On-going	Group
Third Thursday Potluck	Thurs	5 p.m.	No Charge	9/21 Only	Group
Bingo	Fri	10:45 to 11:45 a.m.	\$1	On-going	Group
Poker with Albert	Fri	1 to 3 p.m.	No Charge	On-going	Group
Bunko (3 rd Sat with Prizes!)	Sat	1 to 3 p.m.	No Charge	On-going	Group

	Monday 4	Tuesday 5	Wednesday 6
	Menu	Menu	Menu
Hot Lunch	No Lunch	Tomato Soup Cranberry Sauce Grilled Chicken Breast with Rosemary Wild Rice Green Peas Dinner Roll Lemon Pie	Chicken Noodle Soup Pea Salad Salisbury Steak with Gravy Mashed Potatoes Green Beans Dinner Roll Apple Pie
Veg		Vegetable Burger Platter	Cheese Tortellini
Cold Lunch		Cottage Cheese Fruit Plate	Egg Salad Sandwich Platter
	Programs	Programs	Programs
	Closed For Labor Day	10-12:30 Chinese Mahjongg 10:30 Drum Circle with Myra 10:30 Basic Computer Help Lab 10:45 Chair Exercise Video 11-11:45 Community Service Teddy Bears and DFS Ribbons 11-12 Jazzercise \$/RR (new session today - \$5 required for Jazzercise class) 12-12:30 *Lunch \$/RR 12:45 Exercise Your “Mental Muscle” with Donna 1 Learn American Mahjongg 2-3 Line Dancing \$/RR 3 Chair Exercise Video 4:30-6 Pizza Bingo \$	9:30-11:15 Tai Chi 9:30-12 Ceramics Lab \$/RR 10-11 ESL: Intro to English Conversation with Anne 10-12 Party Bridge 10-12 Needlecrafts with Sasha 10:30 Fitness Walk 11 Chair Exercise Video 11-11:45 Arthritis Foundation Exercise Program with Joyce RR 11:15-12 Sahaja Yoga Meditation 12-12:30 *Lunch \$/RR 12:45-1:45 Pastime Theatre Group 1-2 Iranian Computer Class with Ms. Kamkar 1-2:30 Active for Life 3 Chair Exercise Video



Program Guide: If a program has \$ next to it, there is a charge to participate; if it has RR next to it, you must register in advance; and if it has RCC next to it, you must register through the Reston Community Center to participate. If it has HCC next to it, you must register through the Herndon Community Center.

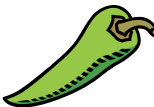
*The menu provided for Monday-Friday is for the **Congregate Meal Program**. For more information about eating lunch at the center, please refer to the “Donation Schedule and Charges for Congregate Meals at Senior Centers”, found in the “Important Information” section of this Newsletter.

Thursday 7	Friday 8	Saturday 9
Menu	Menu	Menu
Egg Drop Soup Garden Salad Lime Ginger Chicken Teriyaki Rice Asian Vegetables Fruit Salad Dinner Roll	Vegetable Soup Cole Slaw Baked Salmon New Potatoes Dinner Roll Lemon Pudding	Pitch in for Pizza! \$1 per slice Must be ordered in person at the front desk prior to 11:45am. Pizza arrives between 12:15 and 12:45 p.m. Topping options include hawaiian, supreme, or plain cheese.
Fried Rice with Vegetables	Baked Macaroni and Cheese Stewed Tomatoes	
Roast Beef Sandwich Platter	Chicken Salad Cold Plate	
Programs	Programs	Programs
9:30-10:30 Tai Chi 10-12 Chinese Mahjongg 10-2 Ping Pong – Extra Tables 10:30 Dear Abby Discussion 10:15-1:45 Shopping Trip to <u>Springfield Mall for InfoExpo</u> \$/RR 10:30-11:30 Ballroom Dancing 10:45 Chair Exercise Video 11-11:45 Begin ESL with Ms. Wang 11-11:45 ESL: English Conversation with Jeanne 11-12 Violin Lessons 12-12:30 *Lunch \$/RR 12-2 Card or Tile Games 12:45 Donna’s After Lunch Bunch 1 Chinese Songs 1-2 Beginning Line Dance \$/RR 2-3 Line Dancing \$/RR 3 Chair Exercise Video 6-7:45 Meditation Group	10-12 Party Bridge 10:45-11:35 Yoga Mat Workout with Claudine 10:45-11:45 Bingo \$1 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 1 Exercise Orientation 1 Slapball with Fred 1-2 Iranian Computer Class with Ms. Kamkar 1-3 Poker with Albert 3 Chair Exercise Video	10:30 Basic Computer Help Lab 10:45 Chair Exercise Video 11:45 Last chance to order Pizza! 12:15-12:45 Pizza is Served! \$/RR 1-3 Bunko 3 Chair Exercise Video 3-4 Line Dancing \$/RR 3-4 Celebrate Grandparents Day with Girl Scout Troop RR 4-5:30 Ballroom Dancing \$/RR (new session today - \$5 required for ballroom dancing class)

****All programs and classes are subject to change and may be cancelled without notice.**
For up-to-date information, call 703-464-6200 TTY 711.

Senior Center Director: Ruth Junkin, CPRP.
Assistant Directors: Jeanne Alcazar, Sasha Hickam, Fred Keefe, and Kristina Rowlands.
Acting Senior+ Director: Ashley Haddow, CTRS. Counselor: Vacant. Nurse: Beckie Hallinger, RN, BSN.

	Monday11	Tuesday12	Wednesday13
	Menu	Menu	Menu
Hot Lunch	Cream of Mushroom Tomato Salad Chicken Cordon Bleu Steamed Potatoes Asian Blend Vegetables Dinner Roll Pudding 	Chicken Rice Soup Garden Salad Spaghetti with Meat Sauce Spinach Fresh Fruit Dessert Garlic Bread	Vegetable Soup Fruit Salad Honey Cured Ham Sweet Potatoes Vegetable Blend Dinner Roll Fruit Crisp 
Veg	Egg Spinach Bake	Red Beans & Cheese Burrito	Pasta De' Casa
Cold Lunch	Tuna Salad Sandwich Platter	Egg Salad Sandwich Platter	Turkey and Cheese Sandwich
	Programs	Programs	Programs
	9:30-11:15 Tai Chi 10-12 Modern Art with Ingrid \$/RR (new session of modern art today – payment required) 10:30 The Ungame 10:30-11:30 Basic Computer Class in Spanish \$/RR 10:30-11:30 Begin ESL with Mr. Ardabili 11 Chair Exercise Video 11 Exercise Orientation 11 Puzzle Count Service Project 12-12:30 *Lunch \$/RR 1-2 Page Turners Book Club 3 Chair Exercise Video 4 Book Discussion: Balzac and the Little Chinese Seamstress	10-12:30 Chinese Mahjongg 10:30 Leisure Options 10:30 Basic Computer Help Lab 10:30-11:30 Beginning Spanish RR 10:45 Chair Exercise Video 11-11:45 Community Service Teddy Bears and DFS Ribbons 11-12 Jazzercise \$/RR 12-12:30 *Lunch \$/RR 12:45 Exercise Your “Mental Muscle” with Donna 12:45 Questions Answered: “Eyes” 1 Learn American Mahjongg 2-3 Line Dancing \$/RR (new session today - \$5 required for line dancing class) 3 Chair Exercise Video 4:30-6 Pizza Bingo \$	9:30-11:15 Tai Chi 9:30-12 Ceramics Lab \$/RR 10-11 ESL: Intro to English Conversation with Anne 10-12 Party Bridge 10-12 Needlecrafts with Sasha 10:30 Music with Beth 10:30 Blood Pressure Screenings RR 11 Chair Exercise Video 11-11:45 Arthritis Foundation Exercise Program with Joyce RR 12-12:30 *Lunch \$/RR 12:45-1:45 Pastime Theatre Group 1 Advisory Council 1-2 Iranian Computer Class with Ms. Kamkar 3 Chair Exercise Video


Thursday14	Friday15	Saturday16
Menu	Menu	Menu
Split Pea Soup Tossed Salad Chicken Pot Pie Broccoli Biscuit Frosted Cake	Seafood Chowder Pea Salad Cajun Catfish New Potatoes Lima Beans Cornbread Lemon Meringue Pie 	Pitch in for Pizza! \$1 per slice Must be ordered in person at the front desk prior to 11:45am. Pizza arrives between 12:15 and 12:45 p.m. Topping options include hawaiian, supreme, or plain cheese.
Mushrooms Sauteed with Vegetables in Garlic Olive Oil	Vegetable & Cheese Quesadilla	
Roast Beef & Cheese Sandwich Platter	Chicken Salad Sandwich	
Programs	Programs	Programs
9:30-10:30 Tai Chi 10-12 Chinese Mahjongg 10-2 Ping Pong – Extra Tables 10:30 Hangman 10:15-1:45 Shopping Trip to <u>Shopper's in Sterling</u> \$/RR 10:30-11:30 Ballroom Dancing 10:45 Chair Exercise Video 11-11:45 Begin ESL with Ms. Wang 11-11:45 ESL: English Conversation with Jeanne 11-12 Violin Lessons 12-12:30 *Lunch \$/RR 12-2 Card or Tile Games 12:45 Donna's After Lunch Bunch 1 Chinese Songs 1-2 Beginning Line Dance \$/RR (new session today - \$5 required for line dancing classes) 2-3 Line Dancing \$/RR 3 Chair Exercise Video 6-7:45 Meditation Group	10-12 Party Bridge 10:45-11:35 Yoga Mat Workout with Claudine 10:45-11:45 Bingo \$1 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 1 Exercise Orientation 1 Slapball with Fred 1-2 Iranian Computer Class with Ms. Kamkar 1-3 Poker with Albert 3 Chair Exercise Video	10:30 Basic Computer Help Lab 10:45 Chair Exercise Video 11:45 Last chance to order Pizza! 12:15-12:45 Pizza is Served! \$/RR 1-3 Bunko with Prizes! 3 Chair Exercise Video 3-4 Line Dancing \$/RR (new session today - \$5 required for line dancing class) 4-5:30 Ballroom Dancing \$/RR

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Acting Senior+ Director: Ashley Haddow, CTRS. Counselor: Vacant. Nurse: Beckie Hallinger, RN, BSN.

	Monday18	Tuesday19	Wednesday20
	Menu	Menu	Menu
Hot Lunch	Corn Soup Tomato Salad Baked Chicken Breast with Mushroom Rice Pilaf with Gravy Green Beans Citrus Jell-O Dinner Roll	Veggie Noodle Soup Green Salad Pot Roast Whipped Potatoes Peas & Carrots Garlic Bread Chocolate Pie	Cream Broccoli Soup Chicken Enchiladas Refried Beans Mexican Corn Corn Bread Pudding 
Veg	Veggie Alfredo with Pasta	Spaghetti with Roasted Vegetables	Vegetable & Cheese Quesadilla
Cold Lunch	Roast Beef & Swiss Sandwich Platter	Sliced Turkey & Cheese Sandwich Platter	Egg Salad Sandwich Plate
	Programs	Programs	Programs
	9:30-11:15 Tai Chi 10-12 Modern Art with Ingrid \$/RR 10:30 Stimulate Your Senses 10:30-11:30 Basic Computer Class in Spanish \$/RR 10:30-11:30 Begin ESL with Mr. Ardabili 11 Chair Exercise Video 11 Exercise Orientation 11 Puzzle Count Service Project 12-12:30 *Lunch \$/RR 1 “Sodium” by Heidi Hyland 1-2 Page Turners Book Club 3 Chair Exercise Video 4 Book Discussion: Balzac and the Little Chinese Seamstress	10-12:30 Chinese Mahjongg 10:30 Leisure Exploration 10:30 Basic Computer Help Lab 10:30-11:30 Beginning Spanish RR 10:45 Chair Exercise Video 11 “Overview of US Healthcare” presented in Chinese 11-11:45 Community Service Teddy Bears 11-12 Jazzercise \$/RR 12-12:30 *Lunch \$/RR 12:45 Exercise Your “Mental Muscle” with Donna 1 Learn American Mahjongg 2-3 Line Dancing \$/RR 3 Chair Exercise Video 4:30-6 Pizza Bingo \$	9:30-11:15 Tai Chi 9:30-12 Ceramics Lab \$/RR (new session today - payment required for ceramics class) 10-11 ESL: Intro to English Conversation with Anne 10-12 Party Bridge 10-12 Needlecrafts with Sasha 10:30 Fitness Walk 11 “Medicaid Changes and You” by Margaret O’Reilly 11 Chair Exercise Video 11-11:45 Arthritis Foundation Exercise Program with Joyce RR 12-12:30 *Lunch \$/RR 12:45-1:45 Pastime Theatre Group 1-2 Iranian Computer Class with Ms. Kamkar 3 Chair Exercise Video

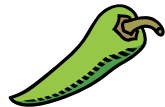

Thursday21	Friday22	Saturday23
Menu	Menu	Menu
Tomato Rice Soup Garden Salad Beef Stroganoff over Egg Noodles Green Beans Dinner Roll Fruit Pie	Split Pea Soup Lemon Herbed White Fish Blended Vegetables Dilled Rice Dinner Roll Coconut Custard Pie	Pitch in for Pizza! \$1 per slice Must be ordered in person at the front desk prior to 11:45am. Pizza arrives between 12:15 and 12:45 p.m. Topping options include hawaiian, supreme, or plain cheese.
Grilled Cheese Sandwich Platter	Grilled Vegetable Wrap	
Tuna Salad Sandwich	Corn Beef & Swiss on Rye	
Programs	Programs	Programs
9:30-10:30 Tai Chi 10-12 Chinese Mahjongg 10-2 Ping Pong – Extra Tables 10:30 Crossword Puzzle 10:15-1:45 Shopping Trip to <u>Wegman’s in Fairfax</u> \$/RR 10:30-11:30 Ballroom Dancing 10:45 Chair Exercise Video 11-11:45 Begin ESL with Ms. Wang 11-11:45 ESL: English Conversation with Jeanne 11-12 Violin Lessons 12-12:30 *Lunch \$/RR 12-2 Card or Tile Games 12:45 Donna’s After Lunch Bunch 1 Chinese Songs 1-2 Beginning Line Dance \$/RR 2-3 Line Dancing \$/RR 3 Chair Exercise Video 4:30 Nana, Mom, & Me Make-a-Card Workshop 5 Third Thursday Potluck 6-7:45 Meditation Group	10-12 Party Bridge 10:45-11:35 Yoga Mat Workout with Claudine 10:45-11:45 Bingo \$1 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 12:45 “Age-related Macular Degeneration” by “Grandma” Flora Green 1 Exercise Orientation 1 Slapball with Fred 1-2 Iranian Computer Class with Ms. Kamkar 1-3 Poker with Albert 3 Chair Exercise Video	10:30 Basic Computer Help Lab 10:45 Chair Exercise Video 11:45 Last chance to order Pizza! 12:15-12:45 Pizza is Served! \$/RR 1-3 Bunko 3 Chair Exercise Video 3-4 Line Dancing \$/RR 4-5:30 Ballroom Dancing \$/RR

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	Monday25	Tuesday26	Wednesday27
	Menu	Menu	Menu
Hot Lunch	Minestrone Soup Three Bean Salad Shrimp Creole Linguine Broccoli French Bread Pudding 	Split Pea Soup Garden Salad General Tso's Chicken Fried Rice Asian Vegetable Dinner Roll Fruit Pie	French Onion Soup Applesauce Gelatin Pork Chop with Herbed Mushrooms Turnip Greens  Mashed Potatoes Dinner Roll
Veg	Mushroom & Cheese Quiche	Stuffed Manicotti shells W/ Tomato Sauce	Vegetable Melange Casserole with Fresh Herbs
Cold Lunch	Chicken Salad Sandwich	Tuna Fish Salad Sandwich	Turkey & Cheese Sandwich
	Programs	Programs	Programs
	9:30-11:15 Tai Chi 10-12 Modern Art with Ingrid \$/RR 10:30 Dear Abby Discussion 10:30-11:30 Basic Computer Class in Spanish \$/RR 10:30-11:30 Begin ESL with Mr. Ardabili 11 Chair Exercise Video 11 Exercise Orientation 11 Puzzle Count Service Project 12-12:30 *Lunch \$/RR 1-2 Page Turners Book Club 3 Chair Exercise Video 4 Book Discussion: Balzac and the Little Chinese Seamstress	10-12:30 Chinese Mahjongg 10:30 Leisure Options 10:30 Basic Computer Help Lab 10:30-11:30 Beginning Spanish RR 10:45 Chair Exercise Video 11-11:45 Community Service Teddy Bears 11-12 Jazzercise \$/RR 12-12:30 *Lunch \$/RR 12:45 Exercise Your "Mental Muscle" with Donna 1 Learn American Mahjongg 2-3 Line Dancing \$/RR 3 Chair Exercise Video 3 Card Making with Ruth \$/RR 4:30-6 Pizza Bingo \$ 7-8:30 Caregivers' Seminar: "Life Work Balance"	9:30-11:15 Tai Chi 9:30-12 Ceramics Lab \$/RR 10-11 ESL: Intro to English Conversation with Anne 10-12 Party Bridge 10-12 Needlecrafts with Sasha 10:30 Fitness Walk 11 Chair Exercise Video 11-11:45 Arthritis Foundation Exercise Program with Joyce RR 11:15-12 Sahaja Yoga Meditation 12-12:30 *Lunch \$/RR 12:45-1:45 Pastime Theatre Group 1-2 Iranian Computer Class with Ms. Kamkar 3 Chair Exercise Video

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Thursday28	Friday29	Saturday30
Menu	Menu	Menu
Vegetable Soup Cole Slaw Salad Lemon Pepper Fish New Potatoes Brussel Sprouts Dinner Roll Fresh Fruit	Chicken Noodle Soup Vegetable Salad Chicken Kiev Wild Rice Green Beans Dinner Roll Cherry Pie	Pitch in for Pizza! \$1 per slice Must be ordered in person at the front desk prior to 11:45am. Pizza arrives between 12:15 and 12:45 p.m. Topping options include hawaiian, supreme, or plain cheese.
Baked Macaroni & Cheese with Stewed Tomatoes	Vegetarian Chili	
Egg Salad Cold Plate	Shrimp Salad Cold Plate	
Programs	Programs	Programs
9:30-10:30 Tai Chi 10-12 Chinese Mahjongg 10-2 Ping Pong – Extra Tables 10:30 Trivia Games 10:15-1:45 Shopping Trip to <u>Leesburg Outlets</u> \$/RR 10:30-11:30 Ballroom Dancing 10:45 Chair Exercise Video 11-11:45 Begin ESL with Ms. Wang 11-11:45 ESL: English Conversation with Jeanne 11-12 Violin Lessons 12-12:30 *Lunch \$/RR 12-2 Card or Tile Games 12:45 Donna's After Lunch Bunch 1 Chinese Songs 1-2 Beginning Line Dance \$/RR 2-3 Line Dancing \$/RR 3 Chair Exercise Video 6 Neighborhood College 6-7:45 Meditation Group	10-12 Party Bridge 10:45-11:35 Yoga Mat Workout with Claudine 10:45-11:45 Bingo \$1 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 1 Exercise Orientation 1 Slapball with Fred 1-2 Iranian Computer Class with Ms. Kamkar 1-3 Poker with Albert 3 Chair Exercise Video	Oh Henry! Fishing Trip 10:30 Basic Computer Help Lab 10:45 Chair Exercise Video 11:45 Last chance to order Pizza! 12:15-12:45 Pizza is Served! \$/RR 1-3 Bunko 3 Chair Exercise Video 3-4 Line Dancing \$/RR 4-5:30 Ballroom Dancing \$/RR

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